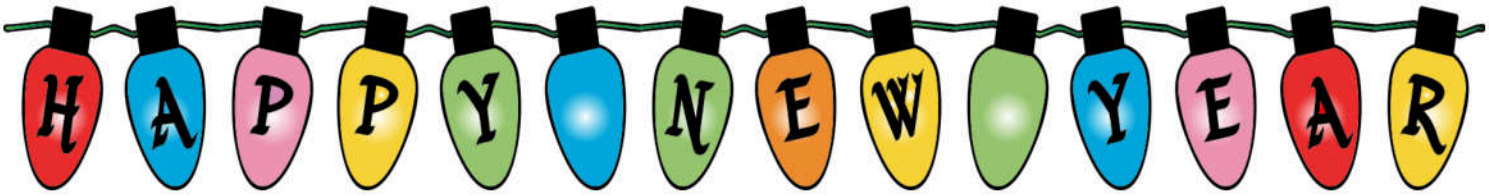
BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
January 2021 Issue 619 (Digital Only)



Happy New Year!!

Welcome to 2021 for all of our readers! With Christmas behind us we'd like to say a special thank you to Amber and Laura from the Bar Hill Residents Association for organising the Christmas Tree outside the Parish Council Offices in the village square this year.

Part of this work was putting the power points/ agreements in place so rather than this being a one-off we can do this every year from now on!

I know it's a long way away but it would be nice (Coronavirus permitting!) to go the extra mile for December 2021. If you'd like to be involved in any way please contact the residents association at the Editors email address (bhneditor@yahoo.com).

Bar Hill Sports & Social Club Christmas Draw
Great prizes to be won!
Tickets available now 25p a square
(draw date 22nd January)
Due to the current situation, we are unsure as yet how the draw night can be conducted within the government guidelines, prizes may be picked at random for you by a electronic numerator.

BAR HILL RESIDENTS ASSOCIATION

Each month we will be introducing you to a different member of our Residents Association, so you can learn more about the people who are working on your behalf in the village.

We are continuing with Andy Pellew – The Residents' Associations' editor for the Bar Hill News.

How long have you been a member of the Residents Association? Probably around 2 years

What made you join? I used to volunteer to help fun the fete (doing the stalls) but had to give that up after children were born and I wanted to get back into being more involved in village life. I fancied editing the magazine!

How long have you lived in Bar Hill and what is your favourite thing about living in the village? A little over 10 years, we moved here from Cambridge and love the open spaces and the warren of walkways that lead around the village!

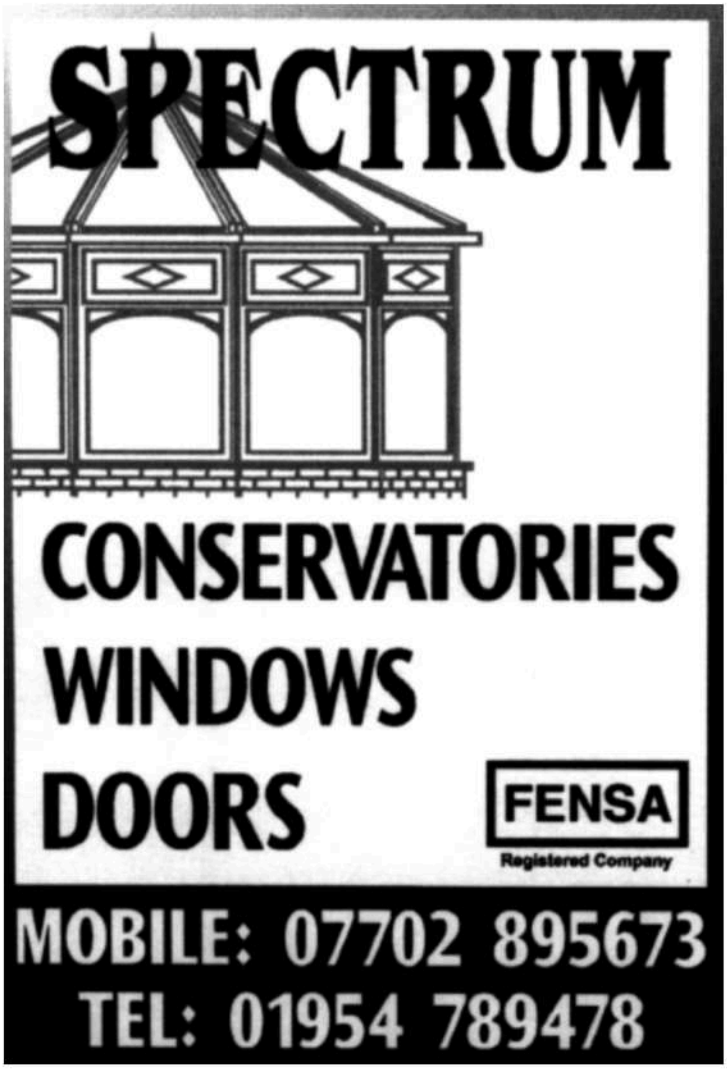
If you could change one thing about the village, what would it be and why? There is very little to do for teenagers - especially those that are only just teenagers and too young to go into Cambridge themselves. I'd like to see more in the village for them.

What are your hobbies? Roleplaying is my main hobby at the moment (well, outside of "Anything IT!") and a group of us get together (virtually at the moment) to continue our hobby online.

What's your favourite way to spend your day off? Sleep! Catch up on all the little things that need to be done but I just don't have time for any other time.

If you won the lottery tomorrow, what would be the first thing you'd do? Normally I'd say "Holiday to Australia" but that's not going to happen right now! I'd probably save the money and wait for the world to re-open …

Would you like to join our Residents Association? We meet once a month (when permitted!) and are always open to ideas for enhancing life in our village and working with partners to develop our community.



COVID19 Support Scheme

We all know from hard experience that these difficult times are not over and even with the extension of the furlough scheme and the Self Employed Income Support Scheme, pressures remain for many of us.

Since March 2020, our village Covid-19 Support Scheme has endeavoured to provide a catch net for our community, with the aim of trying to ensure that anybody in need, be this as a result of the inability to buy food, help with shopping and prescriptions whilst shielding, a listening ear for those struggling with mental ill health or advice about benefits, debts, housing, etc, gets help and support and is not left alone.

Many villagers have been helped, but a few in particular remain so clearly in my memory, for instance, the lovely family, who through no fault of their own, were prevented from obtaining any benefits whatsoever and were left practically destitute. We were able to support them with food for the family and fight on their behalf to get a relaxation in their immigration status, which eventually enabled them to get full access to welfare benefits and so begin to pay their rent and buy food whilst looking for work. There was the wonderful person, who felt they could not ask for help, but who we became aware of through the kindness of others alerting us and so could call in help from the GP and provide help with benefits. This person has since moved out of our village, but the last we heard was making positive progress. And there are many many more stories of people helped, more often than not triggered by our community being on the look out for those experiencing hardship. Well done Bar Hill, you are a testimony to community care and connection.

The Covid-19 Support Scheme continues and should you be in need please contact us via our freephone number: **0800 088 6522** or email us on **barhillcovid19help@gmail.com** and we'll quickly get back to you.

In particular I wanted to highlight the mental health struggles, so many of us are currently experiencing and with the restrictions of accessing traditional NHS services, signpost some alternative sources of help:

1. Call **Lifeline Helpline** if you're feeling anxious or stressed, or concerned for your mental health.

Lines open Saturday-Sunday 2pm-11pm (Monday-Friday 9am–11pm):

lifecraft.org.uk 0808 808 2121

2. **NHS Support**

Their website https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ provides a list of helplines open to the general public.

Local telephone **01223 884422**

3. **Samaritans**

www.samaritans.org - 116 123

4. **Mind**

www.mind.org.uk - 0300 123 3393

5. **Anxiety UK**

www.anxietyuk.org.uk - 03444 775 774
(Open Mon-Fri 9.30 am-10.00 pm, Sat-Sun 10.00 am – 8.00 pm)

6. Support for children and young adults:

YoungMinds website offers help for children and young adults,
youngminds.org.uk

Let me thank each and every one of you for your demonstrable care for our village community and encourage each of us to continue to keep a caring, watchful eye out for those who may need our help!

Warmly
Kevin
(on behalf of the Covid-19 Support Scheme Core Group)

NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhneditor@yahoo.com** before the deadline of 6pm on the 15th of each month. Thank you!

No notices or letters this month!

FOR SALE (JAN): Acorn Stairlift for Private Sale. Suits straight staircase ONLY £890*, includes delivery and fitting by a trained Acorn installer and a 3 month full warranty. Contact **0800 073 9793** quoting the reference 231927.

FOR SALE (DEC): 4 Fishing reels and selection of fish lures. £25 **01954 204327**

FOR SALE (JAN): Daxara 107 Small car trailer, box size 110cm x90cm.VGC Spare wheel cover & hitching lock. Sold as seen. £100. Contact: **07843178478**

Liz Dams ©

Bar Hill News Archive

This is available online via the Internet Archive;

archive.org/details/bar-hill-news

There are currently around 150 issues (earliest is Issue 41, from March 1972)!

More issues are being added all the time!

If you have an issue we don't have please gets in touch!

INTERNET ARCHIVE

Sonnet - To Science
By Edgar Allan Poe (1829)

Science! true daughter of Old Time thou art!
Who alterest all things with thy peering eyes.
Why preyest thou thus upon the poet's heart,
Vulture, whose wings are dull realities?
How should he love thee? or how deem thee wise,
Who wouldst not leave him in his wandering
To seek for treasure in the jewelled skies,
Albeit he soared with an undaunted wing?
Hast thou not dragged Diana from her car,
And driven the Hamadryad from the wood
To seek a shelter in some happier star?
Hast thou not torn the Naiad from her flood,
The Elfin from the green grass, and from me
The summer dream beneath the tamarind tree?

Deadline for next issue is 6pm on the 15th of the month, please send submissions to **bhneditor@yahoo.com** - the earlier the better! (space is allocated on first-come basis!)

Community Lifeline Service

If you live alone or someone in your family is sometimes left alone and may need to call for assistance, the Council's Lifeline team can help.

In an emergency, pressing a button – worn as a pendant or on your wrist – connects you via a contact centre with family, friends, neighbours, or the emergency services.

Giving you peace of mind and reassurance.

One Lifeline customer in Willingham said: "The lifeline service lets me live independently knowing I can call someone in an emergency."

For more information and to apply for a lifeline, please call **01954 713470**, email **lifelines@scambs.gov.uk** or look online at **www.scambs.govuk/lifelines**

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AIM: Place the 27 three character 'tiles in the left -hand grid TO the CORRECT spaces in the right hand grid relating to CHRISTMAS/ NEW YEAR WORDS containing NINE letters horizontally and in alphabetical order.

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healthwatch Cambridgeshire

Your feedback helps NHS and care teams support us all

Have you seen your GP lately? Had a hospital or dental appointment? Perhaps you have care services at home or visit a loved one in a care home.

If you, a family member or friend have used a local health or care service, Healthwatch Cambridgeshire wants to hear about your experience – good or bad.

We're the local health and care champions. And by sharing your feedback with us, local NHS and care services can find out what's working well or needs improving.

Please support our new campaign ***'Because We All Care'*** by giving your feedback about the services you are using.

It's being run with the Care Quality Commission and follows on from our big Covid-19 survey across Cambridgeshire and Peterborough earlier this year.

It only takes a few minutes to share your views with us. And you feedback helps services to continue providing the right support to local people.

Share your views online at;

www.healthwatchcambridgeshire.co.uk/share-your-views

You can also call Healthwatch on 0330 355 1285, text your views on 0752 0635 176 or email;

enquiries@healthwatchcambspboro.co.uk

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HAPPY HOURS – Afternoon Tea 2 -4pm on Friday

Hopefully once this second lockdown is over we will be able to have afternoon tea again following whatever the pub rules be at the time

Bar Hill Sports and Social Club, Fridays 2-4pm (Cost: £1.50 per person)

Please feel welcome to come and join us!

The Happy Hours Club would like to give special thanks to Tesco and especially Laura, Laura and Sarah for supporting us and helping us throughout the year and again this Christmas. We really do appreciate all that you do for us!

Wishing you all a very merry Christmas and a Happy New Year!

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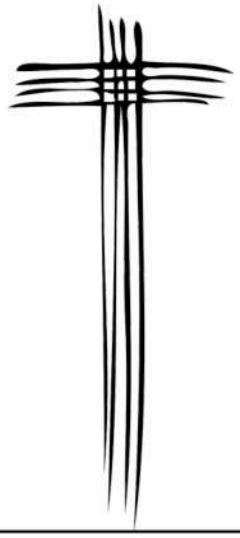
Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Catholic Church Serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton), 01223 622690)

Local Contact: **Bunty Waters** (Tel: 01954 201421)



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Bar Hill Childminders

We are Ofsted Registered and inspected Professional Childcare Providers, working with children in our own homes. We hold 'Good' and 'Outstanding' Ofsted grades, are fully insured and trained in Paediatric First Aid.

As we head towards the start of the colder months of December and January we will continue to enjoy the great outdoors watching trees lose their leaves and become bare. We will encourage the children to make bird feeders to help care for the birds as food becomes scarce. National Robin day is observed on 21 Dec and we can look out for these and other birds as we enjoy our green areas and gardens. We look forward to the start of Christmas crafting and encourage children to have their own ideas, it is sure to include Christmas trees, wreaths, angels, snowmen and much creativity! We will remember this year for not just the challenging times but the fun and progress the children have made.

Our Childminders are listed below, those with availability have the word 'spaces' after their name - those who offer Government Funded places, (Universal and Extended), have an F before their name.

F	Kirsty	07584 168909	
F	Jacky	07718 447998	
F	Melanie	01954 204496	
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F	Kirsten	07906 218070	
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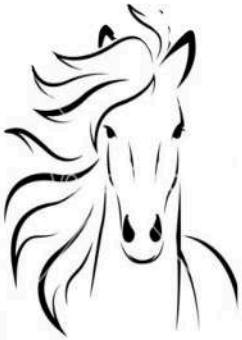

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Helping the European hedgehog

During January most hedgehogs should be hibernating , and although they may wake for short periods to top up body fat during milder spells, it is unlikely they will choose to move unless they have been disturbed or the weather has turned extremely mild. We can continue to help hedgehogs by still putting out fresh water and small cat biscuits (not fish) on those milder evenings.

Hedgehogs seen out during the winter, especially during the day, are highly likely to be in need of help. If you see one out, contact me on 07912 988898 or Shepreth Hedgehog Hospital on 07505 651968

There is also a 24 hour Hedgehog Helpline 07947 361187.

Hedgehog Fact

The closest relatives to the hedgehog are moon rats , shrews and moles. People often confuse porcupines and hedgehogs because these animals share a common characteristic: quills.

Wildlife Gardening in January.

January is usually the coldest month of the year. It's a time when natural food sources are in short supply for garden wildlife.

Birds will become more dependent on the food we put out and bird feeders will be used the most. Hygiene is very important so it's a good time to clean feeders and tables now by soaking them in a sterilising fluid. Try to do this on a regular basis.

It's the time of year to check bird baths and ponds , and remove ice in the cold weather.

Trim hedges if becoming too straggly, but only once the birds have eaten the nutritious berries.

A great way to get rid of your Christmas tree is to recycle it! Remove branches and bundle them together to create a wildlife habitat anywhere that won't get disturbed.

It's a good time to build nest boxes for birds and bats. Check existing ones to make sure they are still safely secure and haven't rotted. Always remove any old nesting material and replace old or damaged boxes.

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POST OFFICE

BAR HILL POST OFFICE

We are located in Bar Hill Library. Due to the ongoing Covid situation our current opening hours are 9-5.30pm Monday, Wednesday and Friday, 9-2.30pm Tuesday, 9-12 Thursday and 9-12.30pm Saturday.

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BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction how to start praying. Whenever you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (074 3255 0621) and the free kit will be delivered to your door (in Bar Hill). God bless you!

Bar Hill Editorial Services

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Contact: **01954 780304**, or **07746 118880**

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   - access information you have saved about yourself or your business

   Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.
2. Create strong passwords using 3 random words. When you use different passwords for your important accounts, it can be hard to remember them all.

   A good way to create strong, memorable passwords is by using 3 random words.

   Do not use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"
3. Save your passwords in your browser

   Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you.

   This can help:
   - make sure you do not lose or forget your passwords
   - protect you against some cyber crime, such as fake websites

   It is safer than using weak passwords, or using the same password in more than one place.
4. Turn on two-factor authentication (2FA)

   Two-factor authentication (2FA) helps to stop hackers from getting into your accounts, even if they have your password.
5. Update your devices

   Out-of-date software, apps, and operating systems contain weaknesses. This makes them easier to hack.

   Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.
6. Back up your data

   Backing up means creating a copy of your information and saving it to another device or to cloud storage (online).

   Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.

For more information, and step-by-step instructions, please visit **cyberaware.gov.uk**

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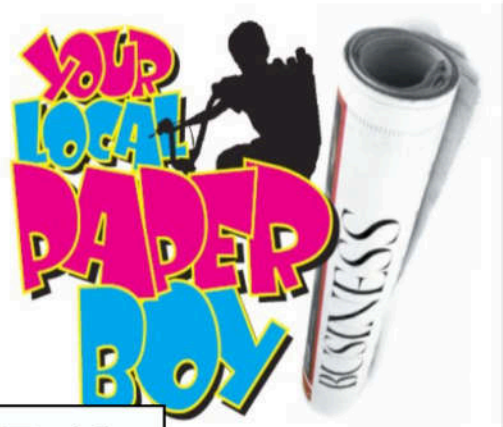

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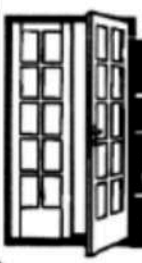

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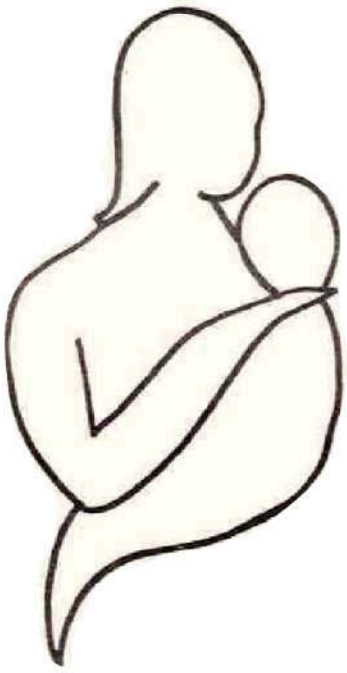

Our profits through Rosie in Stitches in 2020 reached £3,956 We have received £3,036 this year from PayPal and Amazon Smile shoppers rounding up for charity at the checkout.

If you have been tidying another cupboard, we are still welcoming donations of craft materials.

We need to find alternative storage space for the items we have for sale. If you have a garage or a shed that you are not making full use of would you consider letting it out to our charity.

We are still unable to run our Friends of the Rosie tea bar in Clinic 21 due to Covid19. We are unable to say when our tea bar will be able to open again as most of our volunteers are of retirement age or older. We will provide you with regular updates when we know more. We would be able to open sooner if our volunteers were younger. We also need more volunteers. If you know of anyone who might be interested. Please contact Ann Laskey (annlaskey@icloud.com) for more details of what would be involved.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

All the very best for 2021.

Thank you for your continued support

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'Lucky squares' Christmas Donations

Thank you to all those that kindly donated to our Christmas charity collection for Magpas. Due to COVID we were unable to manage the lucky squares raffle and hampers this year, but still plan on making our annual donation to Magpas Air Ambulance.

Staff and patient donations have been collected throughout December, and are welcome until the end of January 2021. You can donate via our 'just giving' page and the link can be found on Facebook and the practice website. Cash and cheque donations are also welcome at the surgery. The full amount raised will be announced in the March newsletter. Thank you for your support for this wonderful charity.

Stock up your medicine cabinet for winter

During the winter months patients are reminded to stock up your medicine cabinet with self care essentials.

Many winter illnesses such as colds, sore throats and upset stomachs can easily be treated at home with medicines available at low cost from your local pharmacy or supermarket - no GP appointment or prescription required.

Not only will this help save you time and to feel better quicker, but it will also help save the NHS much needed resources. Self-care essentials include:

- packet of pain relief (paracetamol)
- cold and sore throat remedies
- first aid kit
- thermometer
- upset stomach treatment
- rehydration treatment
- heartburn and indigestion treatment

Your local pharmacist can also offer you advice and guidance on the best treatment for you. Pharmacists are available on every high street and in supermarkets with many open evenings and weekends.

For further information on how to treat common winter illnesses visit www.nhs.uk

What to expect from your video or telephone consultation

The reception team will arrange a telephone call for you with a nurse or GP.

The GP will advise you if they feel a video consultation is appropriate and send you joining details. If you are unsure about using video please request a telephone appointment.

Things to consider ahead of your consultation:

Please ensure you are ready to accept the telephone/online call at the allocated time

Find somewhere quiet and confidential to have the call and, if this isn't possible or is tricky, make this clear when you are making your appointment.

If you would like to have someone with you for your consultation, please ask a family member or friend can join the call with you

It is a good idea to have a pen and paper with you so you can write down advice or next steps

If the GP or nurse decides they need to see you in person you will be offered a face-to-face appointment at the practice and they will confirm these details with you.

Carers Meeting

Due to the pandemic, the carer's meetings are still currently postponed until further notice. They will be reinstated as soon as it is safe to do so. In the meantime, we would like to continue to support carers in our local community in any way possible. If you are a carer for someone and need advice and financial or emotional support, please contact Sue Lawson at susan.lawson7@nhs.net or 01954 260230.

Lisa Smith
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Public Urged To Surrender Weapons

Owners of weapons made illegal under the Offensive Weapons Act 2019 are being encouraged to surrender them to police under a scheme launched by the Government today (10 December).

These weapons include, among others, rapid firing rifles, bump stocks, knuckledusters, flick knives and zombie knives.

Qualifying weapons surrendered to the police by 9 March 2021 may be eligible for government compensation. Details of the compensation scheme and a full list of qualifying weapons are available on the government website (**www.gov.uk/government/publications/offensive-weapons-act-surrender-and-compensation-scheme**).

Superintendent Robin Sissons said: "Tackling serious street-based violence and ridding Cambridgeshire's streets of weapons is a priority for the force.

"Weapons and crime often go hand in hand and I'm urging everybody who has any kind of weapon, which was previously lawful to own, to take advantage of the surrender and compensation on offer.

"I believe this is a real step in the right direction and will allow us to remove yet more dangerous weapons from our streets and keep the public safe."

Supt Clare Smith, Deputy Head of Criminal Justice for Bedfordshire, Cambridgeshire and Hertfordshire said it's important the public understands that these weapons, which were previously lawful to own privately, are now illegal and must be surrendered.

She added: "These are dangerous weapons and taking them out of private ownership will help keep communities safe and prevent them from falling into criminal hands.

"There will be people who own these weapons as trophy pieces with no intention of ever using them. The law still applies and the surrender campaign is an opportunity for them to hand in these weapons and potentially be compensated by the Government for their loss."

To surrender a weapon email opbritney@herts.pnn.police.uk and the weapons surrender team will be in touch to arrange collection.

They will also send a compensation form, which must be fully completed and returned at the point of surrender in order to qualify for reimbursement from the government. Those unable to email are asked to call 101 and the weapons surrender team will call back.

For more on knife and gun crime and to report any concerns, visit the force's dedicated web page; **www.cambs.police.uk/information-and-services/Community-safety/Knife-gun-crime.**

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Anthony Browne MP

Keeping in touch with South Cambridgeshire

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Bar Hill Colts are launching a new Under 6 football team and would like to invite children in Year 1 to take part!

- Is your son or daughter interested in playing football?
- Would they like to have fun and be part of an all inclusive team?
- Would they like to receive quality coaching, befitting a Charter Standard Community Club?

We want to hear from you!

Training sessions take place on Sunday mornings at 10am on the village green or the astro pitch.

To register your interest or for further information please contact Kate Starling by email:

kate.starling@hotmail.co.uk

URGENTLY REQUIRED

CARE SUPPORT WORKERS

Our Service

- We offer person centred care to adults with a learning disability in their home
- We enable and empower residents to return their independence and have choice and control of their lives

Why Apply?

- Flexible reasonable hours: Full time & Part time & Relief staff
- Opportunities to develop on-the-job
- Job satisfaction. Valued team member
- Company Pension scheme
- Competitive Hourly Rates
- Experience not essential: Induction & Training provided
- Must be - Committed : Passionate : Caring & Supportive

Location

Longstanton village, outside Cambridge

CALL: 01954 789856 - Mr Andrew McLees
CALL: 07836 697801 - Mr Paresh Sodha

CAMBRIDGESHIRE
FIRE & RESCUE SERVICE
Working together to improve community safety

Distraction is one of the biggest causes of fires in the home - most of which start in the kitchen.

You lock your door when you leave the house, but do you unplug your chargers?

You turn off your oven when you aren't using it but do you regularly ensure there isn't a fat build up in your oven, hob and grill?

A simple fire safety check list can help you avoid an unnecessary fire in your home - Simple tips, simply STOP the chance of a fire.

- **NEVER overload sockets:** Multi-socket adapters, often used in homes to provide more plug sockets quickly and easily, are particularly popular during the winter period when people are more likely to plug in heating devices, lights and other items. If used incorrectly however, these can be very dangerous and cause an electrical fire through overloading the socket. 'One appliance, one socket' is the safest approach to avoid any danger of fire in your home.
- **Switch off, Turn off:** If it isn't meant to be left on (like fridges, freezers) switch it off and turn it off at the plug when it isn't in use.
- **Charge safely:** Only use electrical charging devices for the purpose they were intended and avoid purchasing counterfeit, cheap charging devices for electrical items and always keep leads away from cookers and hobs.
- **Fat-Free, Fire-Free:** Fat can build up slowly over time through regular use of kitchen devices and as it does it increases the chance of a fire when cooking. Ensure you regularly maintain hobs, grills and ovens and keep then clear from fat build up and safer from fire.
- **Distraction causes fires:** over 50% of fires in the kitchen are caused by distraction - pay attention and avoid cooking if under the influence of alcohol or medication or feeling tired.

SPORTS & SOCIAL CLUB

Our hours (2nd December onwards) are :-

Mon to Thur 5-10pm (Food 6-9 Wed only)

Fri 2-10pm, Food 5-9pm

Sat 12-10pm, Food 5-9pm

Sun 12-10pm, Food 2-7pm

We have started a takeout service of food and drink on Fridays and Saturdays from 6 to 8pm. To place an order please call **01954 781881** from 5.30pm onwards.

Xmas Draw is on Friday 22nd January, tickets will be on sale throughout December.

During the winter months people will not be expected to leave via the balcony therefore the main entrance will also be an exit. People entering the building will have priority please wait on the landing until the stairs are clear.

Memberships are due for renewal in December, please ask staff for a form. We would like to thank all our members for their continued support through what has been a difficult year, we hope you all have a very merry Xmas and a Happy New Year.

GB BUILDERS

NO JOB TOO SMALL

FOR ALL MAINTENANCE
RENOVATIONS AND DIY WORK

All general building repairs & odd jobs
Specialist in Painting & Decorating
Groundwork & Grass cutting

- Driveways, Paths, Patios
- Brickwork & Plastering
- Block paving
- Concreting
- Slabbing
- Fencing
- Plumbing
- Tiling
- Roofing
- Drainage
- Guttering
- Carpentry

Call today
07877 742 420 or
01480 437511
g.bbuilders@yahoo.co.uk